

Your Story is History

This worksheet is meant as a jumping-off point for your storytelling journey. No story is too ordinary or too unusual: all our stories matter and deserve to be told and heard!

Choose 5 words to describe yourself:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Pick 3 people that have a big impact in your life:

- 1) _____
- 2) _____
- 3) _____

Think of 3 places that matter to you:

- 1) _____
- 2) _____
- 3) _____

Write down 3 events that have happened in your life:

- 1) _____
- 2) _____
- 3) _____

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Now, pick a few of the things you wrote down that most interest you & expand on them. For example:

One of the words I wrote down to describe myself is "thoughtful". I don't usually speak or act without taking some time to think and come up with a plan. I wonder if this is because I'm an only child: when there are only three people in a house, everyone's voice is powerful, and I think that made me more responsible and thoughtful from a young age.

You don't have to fill out all the rectangles, just write about a few things that spark something in you!

The form consists of five dashed rectangular boxes arranged in two rows. The top row has two boxes of equal size. The bottom row has three boxes of varying sizes: a small square on the left, a medium square in the middle, and a large rectangle on the right.

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Now, take something you just expanded on, and tell a story about it! It can be short or long, and you can write, draw, or even record yourself just talking about it, whatever storytelling form feels most natural for you.



Congratulations, you are a storyteller! We hope you continue to tell & share your stories, because your story truly is history.